

Let's Move – America's Move to Raise a Healthier Generation of Kids

Let's Move! Healthy Family Calendar

By scheduling a fun activity and a healthy food to eat for each day, you can track your progress toward living a healthier lifestyle. The Let's Move Healthy Family Calendar allows you to plan an activity to participate in, a healthy food to eat, the time of day when you plan to be active or eat a healthier food, who in your family will participate, and whether or not the action was completed successfully.

For each day of the week, list one activity and one healthy food. Fill in the time when you will accomplish it and who will participate. At the end of the day, go back and indicate whether or not you accomplished it. At the end of the week, calculate the total number of activities completed and healthy foods eaten.

Sample Let's Move Healthy Family Calendar

Day of the Week	Type of Fun Activity	What Time of the Day	Who Will Participate	Did We Do It?	Type of Healthy Food	What Time of the Day	Who Will Participate	Did We Do It?
Monday	Walk 15 minutes	7am and 5pm	Mom and Sally	Yes	Eat 1 fruit	Lunch	Sally and John	Yes

Let's Move Healthy Family Calendar

Name:

Date:

Day of the Week	Type of Fun Activity	What time of Day	Who Will Participate	Did We Do It?	Type of Healthy Food	What Time of Day	Who Will Participate	Did We Do It?
Monday								
Tuesday								
Wednesday								
Thursday								
Friday								
Saturday								
Sunday								

Total number of fun activities completed and healthy foods eaten for the week: